

Aubergine Water (High Blood Pressure)

Ingredients:

- Medium Aubergine
- 1 Litre Water
- Glass Jar

Instructions:

1. Cut Aubergine into slices then quarters.
2. Place in a glass jar and cover with 1 Litre of water.
3. Refrigerate and shake every day for 5 days.
4. Throw away Aubergine and drink 100ml until solution is finished

Please consult your doctor if you want to try this recipe